

Teen / Adult

Did you know that some 50+ Programs are open to younger folks too?

The Redmond Senior Center offers many classes that are open to individuals who are 18 years of age and older. Complete descriptions for the following mixed-age classes can be found in the 50+ Programs section.

Look for:

- Ballroom Dance
- Bunka Embroidery
- Driftwood Sculpture
- Hatha Yoga
- Line Dancing
- NIA Movement
- Painting with Watercolors
- T'ai Chi Chuan
- Westcoast Tappers, Beginning & Intermediate
- Wire Jewelry

Call the RSC for more information, 425 556-2314.

Redmond Youth Partnership Advisory Committee

Do you want to make a difference? RYPAC is a new and exciting program designed to give teens a chance to be heard and make changes for youth in the City of Redmond. RYPAC creates, implements, and supports projects that are within three areas of interest for youth: Youth Voice, Recreational Activities, and Youth Service to the Community. The great thing about this group is the committee decides where to focus their energy! We are looking for 10-15 teens and a few adults to represent the Redmond community. We will meet one evening a month from 6-8pm at the Old Redmond School House Community Center. If you have questions call 556-2300 and talk to Ken or Katie.

What is the application process?

It's as easy as 1, 2, 3!

1. Call Ken at 556-2300 for an Application, fill it out, and send in the completed application to him.
2. Your application will be given to the review committee.
3. You will receive an email or phone call regarding the following:
 - a. Current available positions (many positions are still open)
 - b. Opportunities available through sub-committees
 - c. Interview information you may need if positions are open

CHANGES: Parent Support Group

CHANGES is a parent support group for parents who have at-risk kids that are usually between the ages of 15 – 25. The website address is www.cpsn.org. There are five chapters in the Puget Sound area, and the Eastside group meets Tuesday evening, from 7pm-9pm, in the Old Redmond Schoolhouse Community Center.

Changes Community Workshop Series

Education Options: When Public School does not work

Is your child failing public school? Is he or she failing a class or many classes? Has your child been suspended or expelled? Is your child truant and you don't know what else to do? A panel of experts from Lake Washington School District and EA2 will present information on: home schooling, internet based learning, tutor programs in the Greater Seattle area, private school options, residential schools, and other options. No registration required.

Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: FREE.

Time	Days	Date
9:30am-12pm	Saturday	Sept 11

Seeing Your Child Through Their Eyes

Does a child you know have ADHD, anxiety, Asperger's Syndrome, Depression, Bipolar Disorder, Obsessive-Compulsive Disorder, Oppositional Defiant Disorder, Sensory Integration Disorder, or Tourette's Syndrome? This workshop is for parents, friends or family and helps you learn more about the different disorders, and puts you in the child's world to understand the world from their shoes. You will get tips on how to best help and guide your child as well as resources that are available. No registration required. Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: FREE.

Time	Days	Date
9:30am-12pm	Saturday	Oct 9

Your Teen and Mental Health Issues

Topics will address self-destructive behaviors such as eating disorders, suicide, drug/alcohol abuse and other issues. Learn how to identify warning signs for early intervention and where you can get help. No registration required.

Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: FREE.

Time	Days	Date
9:30am-12pm	Saturday	Nov 13

SPECIALIZED RECREATION

Something for Everyone!

Don't just look in the Specialized Recreation Section for programs. Be sure to check out the great recreation opportunities in your age bracket in the rest of the Recreation Guide, too! At the City of Redmond we encourage and support the participation of individuals with disabilities in ALL of our programs. If accommodations are needed to participate in a program, please contact our offices at 425-556-2300 at least two weeks prior to the program start date.

Volunteer Opportunities

Social Programs Trips and Tours
Sports Program Day Camps

Are you looking for something fun and rewarding to do in your spare time? Why not volunteer for the Specialized Recreation programs? For more information about volunteering, please call Barbe Wolf at 425-556-2330.

See page 24 for Changes:
Parent Support Group and Community Workshop Series.

Socials

Monday Night Socials

Looking for something to do on Monday nights? What better way to spend your evenings than with friends checking out local restaurants and fun places? Please eat dinner before attending socials that are not at restaurants. Bring money to cover the cost of meals and/or admission.



Instr: Lauren Slye. Loc: Old Redmond Schoolhouse Community Center. Ages 13+ years. Fee: \$6R/\$7N.

Class#	Theme	Time	Date
14401	Movie Night @ ORSCC	6:30-8:30pm	Sep 27
14402	Las Margaritas	6-8pm	Oct 11
14403	Halloween Party	6:30-8:30pm	Oct 25
14404	Ruby's	6-8pm	Nov 8
14405	Cooking Class	6:30-8:30pm	Nov 22
14406	Holiday Party	6:30-8:30pm	Dec 6

R.A.D.A.R. **NEW!**

What is R.A.D.A.R.? It's the newest and coolest program in Specialized Recreation! Redmond Adult Day Activities and Recreation is a daytime social program for adults only! Each day will be filled with different fun group activities and/or outings. Participants will vote on and receive a list of the session's activities and outings on the first day of the session. Participants should bring a sack lunch every day, unless restaurant plans have been made by the group. Admissions and meals are not covered in the course fee. No class on 11/9, 11/11, 11/23 or 11/25.

Instr: Lauren Slye. Loc: Old Redmond Schoolhouse Community Center Room 103. Fee: \$195R/\$234N.

Class#	Age	Time	Days	Date
14650	18+ yrs	10am-4pm	Tue, Thu	Sep 28-Oct 28
14651	18+ yrs	10am-4pm	Tue, Thu	Nov 2-Dec 16

Special Note

In order to assist our staff and provide better service, we would greatly appreciate being notified of any special needs a participant may have at least two weeks prior to the program start date. Staff are here to provide leadership to the programs. They are unable to provide attendant care (feeding, transferring, toileting, etc) or one-on-one behavior management care. Participants must bring their own attendant if they are needed. Participant attendants will not be charged for the class, however, we ask that you call our offices at 425-556-2300 x 3 and register them as the participant's attendant so that we do not overbook the class. Should any participant behave in a manner that threatens the safety of the staff, fellow participants or themselves, they may be immediately dismissed from the program. For more information about the Specialized Recreation Program, please contact Barbe Wolf at 425-556-2330.

FEE **R** = Redmond City Resident
CODE: **N** = Non-Resident

See page 38 for map.

Please write a separate check for each class if registering by mail.
Thank you.

How to Read Class Info

Beginning Pony Workshop

Class name	For the young, first time rider. Learn basic safety, grooming and riding techniques will be taught.	Instructor
Description	Designed to prepare students for Just Horsin' Around I Western and English.	
Location	Around I Western and English. Instr: Staff	
Class Number	Location: F-M Park Barn. Fee: \$21R/\$24N	Resident Fee
Age of Participant	Class # 10268	Non-Resident Fee
Class Time each day	Age 4-8 yrs	
Day(s) Class Meets	Time 2:30-3:30pm	
Start/End Dates	Days Saturday	
	Date Oct 16	

Redmond Senior Center

8703 160 Avenue NE

Hours: 8:30 am - 4:30 pm,
Monday-Friday

Call 425-556-2314 to register
for Senior Adult Programs.

See page 38 for map and
directions.

More happens at the RSC than fits on these pages.

Subscribe to the RSC News! – Only \$10 per year.

Be in the know!

Free Activities – Trips – Special Events

Health and Wellness Presentations – Volunteer Opportunities

Call 425-556-2314 to start your subscription today.

New to the area or just turned 50?

Find out more about the RSC; call 425-556-314 for a free newcomers packet that includes a copy of the current Newsletter.

RSC Van Transportation

The RSC provides transportation from home to the Center and back again for seniors who live within the Redmond city limits. Pick-up and take-home times vary; ask for the current schedule when you call. You must call 425-556-2314 to make a reservations at least 24 hours in advance. Fare is 50¢ each way; monthly van passes are available.

Individuals who live outside of the city limits may contact the RSC for a brochure detailing other transportation options.

Building Closures & Alternate Schedule

The RSC will be closed for holidays as follows:

September 1 – Labor Day

November 11 – Veteran's Day

November 25 & 26 – Thanksgiving

December 23 – January 4 – Holidays & Maintenance

Due to special events, some regularly scheduled activities may be changed on:

September 24 – Harvest Dance

October 6 – Volunteer Recognition

October 14 – Redwood Theatre Dress Rehearsal

November 12 – Set-up for Holiday Craft Bazaar

November 19 – Thanksgiving Luncheon

December 9 – Candlelight Dinner Dance

December 15 – City All-Star Awards

December 16 – Holiday Luncheon

Big News!!!

RSC Programs are now available for OnLine Registration.

Visit www.redmond.gov/econnect/start/start.asp for more information.



**FEE
CODE:**

S = All Seniors

R = Redmond City Resident

N = Non-Resident

Registration Information

Mixed-age classes

In order to provide a wider variety of classes, the RSC offers some mixed-age classes. These classes are clearly indicated in the age column. Children are not allowed in classes or workshops unless specifically noted in the class or workshop description.

Who is eligible to register for RSC classes?

Age and location of residence determines eligibility and fees. Please state your status when registering.

S = Senior - Individuals 50 years of age or older regardless of where they live, have first priority for registration, pay base fee.

R = Residents - Individuals younger than 50 years of age who reside or work in Redmond.

N = Non-residents - Individuals younger than 50 years of age who reside outside of Redmond, register one week later, pay 20 % more.

Registration Dates

Registration for classes and workshops are as follows:

S = August 2

R = August 2

N = August 9

Fee Waivers

Individuals who meet the criteria are encouraged to apply for a waiver if the fee for the class they wish to attend is beyond their means. Call 425-556-2314 for more information.



"What a beautiful center!"

Yes, those are often the words we hear when new people tour the RSC. Come on over and give us a try!

We have:

- A coffee bar and "hotel-like" lobby with magazines and comfortable furniture
- A greenhouse and a suspended hard wood dance floor
- A self-serve library and billiards room with three tables
- Card and game tables in the lobby
- A gift shop full of special crafts handmade by seniors
- An outdoor games court with areas to play badminton, bocce ball, croquet, horseshoes, pickle ball, shuffleboard, and volley ball
- And a hot lunch is served every day

All are available for use during the hours of 8:30 am to 4:30pm Monday through Friday.

Arts & Crafts

Bunka Embroidery

Bunka embroidery, sometimes called painting with yarn, is a punch embroidery, which originated in Japan in the early 1900's. Learn to create your own beautiful, delicate pictures using a special punch needle and silken threads. Melisa Akai will teach you the techniques to master this fun activity. Students need to supply a small pair of sewing scissors. Project kits and supplies will be available for purchase in class. The cost for a kit ranges from \$25-45, depending on the project you choose. Open to age 18 years and over.

Instr: Melisa Akai. Loc: Senior Center Room 111. Fee: \$20S/\$20R/\$25N.

Class#	Age	Time	Days	Date
12007	18+ yrs	1-3pm	Monday	Sep 13-Oct 4
12008	18+ yrs	1-3pm	Monday	Oct 11-Nov 1
12009	18+ yrs	1-3pm	Monday	Nov 8-29
12010	18+ yrs	1-3pm	Monday	Dec 6-20

Drawing - The Basics



Come learn the secrets to drawing the things you see. While there is something to be said for artistic talent, the basic

mechanics of drawing can be learned by anyone. Ann Stein Avant is a trained artist who will guide you in placing images on paper. Pick up a supply list when you register.

Instr: Ann Stein Avant. Loc: Senior Center Room 109. Fee: \$42S/\$42R/\$50N.

Class#	Age	Time	Days	Date
12540	18+ yrs	9am-12pm	Wednesday	Nov 3-24

Driftwood Sculpture

Wood is one of nature's wonders. Driftwood sculpture is the process of bringing out the beauty that is hidden under layers of dirt and decay. Our instructor, Charlene Sugden, will show you how to clean, scrape and oil your wood, as well as how to select a base and finish the process. The Xacto knife and router blade are the most used tools; if you have one, bring it to the class. Beginners will be able to choose a piece of wood from the instructor's supply. Come and join the creative inspiration.

Instr: Charlene Sugden. Loc: Senior Center Room 109. Fee: \$22.

Class#	Age	Time	Days	Date
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MORNING

11981	50+ yrs	10am-12:30pm	Monday	Sep 20-Oct 25
11982	50+ yrs	10am-12:30pm	Monday	Nov 1-Dec 6

AFTERNOON

11991	50+ yrs	1-3:30pm	Monday	Sep 20-Oct 25
11992	50+ yrs	1-3:30pm	Monday	Nov 1-Dec 6

EVENING

The evening class is open to those 18 years of age and older.

Instr: Charlene Sugden. Loc: Senior Center Room 109. Fee: \$25.00/\$25R/\$30N.

Class#	Age	Time	Days	Date
11999	18+ yrs	6:30-9pm	Tuesday	Sep 21-Oct 26
12000	18+ yrs	6:30-9pm	Tuesday	Nov 2-Dec 7

Driftwood Sculpture Field Trip

Now is your chance to collect all the great wood you will need to stay busy this winter. Join Charlene Sugden on the RSC's bus for a trip to the Snoqualmie Pass area where she will reveal her best collecting sites. Bring a box or trash bag for your wood; a sack lunch; and dress for the weather.

Instr: Charlene Sugden. Loc: Senior Center Lobby. Fee: \$10.00

Class#	Age	Time	Days	Date
12001	50+ yrs	9am-3pm	Tuesday	Sep 14

Painting With Watercolor – Workshop Series



Our popular introduction to watercolor workshops have been incorporated into an ongoing series where students can continue to develop their watercolor skills, while also allowing beginners to join the class. New students will learn all the basics of watercolor painting -- using the tools, choosing a subject, and composition.

Returning students will continue to explore and refine various watercolor methods. Our instructor, Ann Stein, has studied at the Chicago Art Institute and Cornish School of Arts in Seattle. She has traveled and painted throughout the world and exhibited in

New York, NY.

Instr: Ann Stein Avant. Loc: Senior Center Room 109. Fee: \$26S/\$26R/\$32N.

Class#	Age	Time	Days	Date
13418	18+ yrs	9am-12pm	Wednesday	Sep 8-15
13419	18+ yrs	9am-12pm	Wednesday	Sep 29-Oct 6
13420	18+ yrs	9am-12pm	Wednesday	Oct 20-27



ADVANCED

For students who have previous experience in driftwood sculpture.

Instr: Charlene Sugden.

Loc: Senior Center Room 109. Fee: \$22.

Class#	Age	Time	Days	Date
14461	50+ yrs	1:30-4pm	Tuesday	Sep 21-Oct 26
14462	50+ yrs	1:30-4pm	Tuesday	Nov 2-Dec 7

Wire Jewelry

You can make beautiful jewelry at your own kitchen table. Join retired dentist John Gray, to learn the simple techniques of wire jewelry. The first project will be a handsome sterling silver bracelet. All tools provided, materials included in fee. Students who have previously enrolled in Wire Jewelry may return to class for help with more advanced projects. Project supplies can be obtained with the instructor's assistance; costs vary depending on the design and metal chosen.



Instr: John Gray. Loc: Senior Center Room 103. Fee: New Students: \$28S/\$28R/\$34N. Returning Students: \$10S/\$10R/\$12N.

Class#	Age	Time	Days	Date
13973	18+ yrs	9am-12pm	Tuesday	Oct 5-12
13974	18+ yrs	9am-12pm	Tuesday	Nov 2-9

EVENING

13982	18+ yrs	6-9pm	Tuesday	Oct 19-26
13983	18+ yrs	6-9pm	Tuesday	Nov 16-23

Computers

Computer Corner Orientation

For individuals with little or no computer experience, this class will give you the bare basics required to utilize the Computer Corner-three computers available to Seniors at the RSC. Topics covered are an overview of the basic parts of a computer and their functions, logging on and off, reading and writing e-mail-including setting up a free e-mail account, if you don't have one-and searching the Internet for information. Time allows for a half hour lunch break from 12-12:30. Open to age 50 and over.

Instr: Ray Anspach. Loc: Senior Center Room 103. Fee: \$10.00

Class#	Age	Time	Days	Date
12403	50+ yrs	10am-2:30pm	Wednesday	Sep 8
12404	50+ yrs	10am-2:30pm	Wednesday	Sep 22
12405	50+ yrs	10am-2:30pm	Wednesday	Oct 13
12406	50+ yrs	10am-2:30pm	Wednesday	Oct 27
12407	50+ yrs	10am-2:30pm	Wednesday	Nov 3
12408	50+ yrs	10am-2:30pm	Wednesday	Nov 17
12410	50+ yrs	10am-2:30pm	Wednesday	Dec 8

Computer Corner Practice Lab

Intended for individuals who have taken the orientation or basic word processing courses. Provides additional help while learning your new skills. Open to age 50 and over.

Instr: Ray Anspach. Loc: Senior Center Room 103. Fee: \$5.00

Class#	Age	Time	Days	Date
12434	50+ yrs	9-11am	Friday	Sep 10
14302	50+ yrs	9-11am	Friday	Sep 17
12427	50+ yrs	9-11am	Friday	Sep 24
14303	50+ yrs	9-11am	Friday	Oct 8
12428	50+ yrs	9-11am	Friday	Oct 15
12429	50+ yrs	9-11am	Friday	Oct 29
12430	50+ yrs	9-11am	Friday	Nov 5
12431	50+ yrs	9-11am	Friday	Nov 12
14304	50+ yrs	9-11am	Friday	Nov 19
12432	50+ yrs	9-11am	Friday	Dec 3
12433	50+ yrs	9-11am	Friday	Dec 10

Computer Corner-Basic Word Processing

Learn the basics of writing letters and cards on the computer. Three Microsoft word processing programs will be discussed: Word Pad, a simple program that comes with the Windows operating system, Microsoft Works, and Microsoft Word. The latter two are more versatile extra-cost programs available on some computers. Prerequisite: Prior computer experience or Computer Corner Orientation recommended. Time allows for a half hour lunch break from 12-12:30. Open to age 50 and over.

Instr: Ray Anspach. Loc: Senior Center Room 103. Fee: \$10.00

Class#	Age	Time	Days	Date
14298	50+ yrs	10am-2:30pm	Wednesday	Sep 15
14299	50+ yrs	10am-2:30pm	Wednesday	Oct 6
14300	50+ yrs	10am-2:30pm	Wednesday	Nov 10
14301	50+ yrs	10am-2:30pm	Wednesday	Dec 1

Computers - Basics

This course is designed for those with little or no computer experience. It will cover the various components of a computer, including basic technology, vocabulary, use of the mouse, and introduction to popular software programs. Disks are provided. Location: Redmond Elementary School Computer Lab, 16800 NE 80th St. Available to adults age 50+ only. No class Sept 24 (dates subject to school calendar).

Instr: John Stilz. Loc: Redmond Elementary School Computer lab. Fee: \$25.00

Class#	Age	Time	Days	Date
14305	50+ yrs	3:40-5:30pm	Friday	Sep 3-Oct 8

Computers - Beyond the Basics

Do you already know how to use a computer but want to learn more?

This class will take you through the most basic computer operations, Microsoft Word, and Excel. Disks are provided. Held at Redmond Elementary School Computer Lab located at 16800 NE 80th St. No class Oct 29, Nov 12 & 26 (dates subject to school calendar).

Instr: John Stilz. Loc: Redmond Elementary School Computer lab. Fee: \$25.00

Class#	Age	Time	Days	Date
14306	50+ yrs	3:40-5:30pm	Friday	Oct 15-Dec 3



Dance - Senior Adult

Ballroom Dancing

Have you ever wanted to try ballroom dancing? Now you can! Attend with or without a partner. Dances taught include Rumba, Swing, Waltz, Tango and many others. Be prepared to have a good time! Open to ages 18 years and over. No class Oct 6 & Nov 17.

Instr: Celia Boarman. Loc: Senior Center Multipurpose Room. Fee: \$30S/\$30R/\$36N.

Class#	Age	Time	Days	Date
12043	18+ yrs	1-2pm	Wednesday	Sep 1-22
12044	18+ yrs	1-2pm	Wednesday	Sep 29-Oct 27
12045	18+ yrs	1-2pm	Wednesday	Nov 3-Dec 1

Line Dancing

It's time to learn some new moves and polish up your old ones. Join our experienced instructor, Spencer Howard, to learn fun and easy dance steps that will have you boot-scootin' in no time. Enjoy the added benefits of a gentle mental and physical workout, too. No partner needed, but bring your friends, the more the merrier! Beginners welcome. No class Nov 11.

Instr: Spencer Howard. Loc: Senior Center Multipurpose Room. Fee: \$25S/\$25R/\$30N.

Class#	Age	Time	Days	Date
12034	18+ yrs	10-11am	Thursday	Sep 23-Oct 14
12032	18+ yrs	10-11am	Thursday	Oct 21-Nov 18

Line Dancing - Catch-up

Students new to line dancing are encouraged to attend this catch-up class. Learn basic steps and terminology so you can join the on-going class with confidence. Our Instructor, Spencer Howard, will bring you up-to-speed in no time.

Instr: Spencer Howard. Loc: Senior Center Multipurpose Room. Fee: \$10S/\$10R/\$12N.

Class#	Age	Time	Days	Date
14312	18+ yrs	11am-12pm	Thursday	Oct 14

Westcoast Tappers-Basic

Both fun and challenging, tap dancing is great exercise for your mind and body. Easy-to-learn basic combinations are emphasized, such as time-steps, soft-shoe and paddle-turns. Learn complete routines as you tap for fun and fitness. For ages 18 and over. Margie is a great instructor; she will have you loving tap in no time!

Instr: Margie Meillon. Loc: Senior Center Multipurpose Room. Fee: \$22S/\$22R/\$27N.

Class#	Age	Time	Days	Date
12053	18+ yrs	11am-12pm	Tuesday	Oct 26-Nov 30



Westcoast Tappers-Intermediate

Enjoy the motivation of other dancers as you move beyond the basic tap steps and work to polish your routines. Westcoast Tappers feature jazz, classic, and performing tap. It's a good way to stay fit and have fun, too! For ages 18 and over.

Instr: Margie Meillon. Loc: Senior Center Multipurpose Room. Fee: \$22S/\$22R/\$27N.

Class#	Age	Time	Days	Date
14307	18+ yrs	10-11am	Tuesday	Oct 26-Nov 30

Fitness

Movement & Music

This gentle, yet lively, exercise program is a fun way to wake up your body while moving to music. You will increase flexibility, circulation, and muscle tone while enjoying the company of others. The program begins sitting in a chair with deep breathing and stretching then progresses into using larger muscle groups. The music will vary from prerecorded to live and improvisational as our instructor, Kimber Godsey, is a singer and songwriter. Moving to music not only offers the well known health benefits, but it also adds pizzazz to your life. Come join the fun! No class Oct 6 & Nov 17.

Instr: Kimber Godsey. Loc: Senior Center Multipurpose Room.

Class#	Age	Time	Days	Date	Fee
14204	18+ yrs	9:15-10am	Wednesday	Sep 1-29	\$20S/\$20R/\$24N
14205	18+ yrs	9:15-10am	Wednesday	Oct 13-27	\$12S/\$12R/\$15N
14206	18+ yrs	9:15-10am	Wednesday	Nov 3-24	\$12S/\$12R/\$15N
14207	18+ yrs	9:15-10am	Wednesday	Dec 1-8	\$8S/\$8R/\$10N

NIA Movement

In Swahili, Nia means with purpose; it also stands for Neuromuscular Integrative Action. It is an expressive fitness and awareness program that teaches a holistic approach to health. By blending movement, free expression and some elements of dance, T'ai Chi, Yoga, and other forms of movement, you can get an incredible workout! NIA movements are designed to work in a range of motion making your joints feel free and relaxed. This class is very popular and fun! Fee is based on the number of opportunities to exercise each month. Open to age 18 years and over. No class Sept 6, Oct 14, Nov 11 & 25.

Instr: Veronica Connolly-Bagshaw. Loc: Senior Center Multipurpose Room.

Class#	Age	Time	Days	Date	Fee
Monday					
12088	18+ yrs	8:45-9:45am	Monday	Sep 13-27	\$9S/\$9R/\$11N
12089	18+ yrs	8:45-9:45am	Monday	Oct 4-25	\$12S/\$12R/\$15N
12090	18+ yrs	8:45-9:45am	Monday	Nov 1-29	\$15S/\$15R/\$18N
12091	18+ yrs	8:45-9:45am	Monday	Dec 6-20	\$9S/\$9R/\$11N

Friday

12112	18+ yrs	8:45-9:45am	Friday	Sep 3-24	\$12S/\$12R/\$15N
12113	18+ yrs	8:45-9:45am	Friday	Oct 1-29	\$15S/\$15R/\$18N
12114	18+ yrs	8:45-9:45am	Friday	Nov 5-19	\$9S/\$9R/\$11N
12115	18+ yrs	8:45-9:45am	Friday	Dec 3-17	\$9S/\$9R/\$11N

NIA Movement - Evening

12317	18+ yrs	6-7pm	Thu, Tue	Sep 2-30	\$32S/\$32R/\$39N
12318	18+ yrs	6-7pm	Tue, Thu	Oct 5-28	\$25S/\$25R/\$30N
12319	18+ yrs	6-7pm	Tue, Thu	Nov 2-30	\$25S/\$25R/\$30N
12320	18+ yrs	6-7pm	Thu, Tue	Dec 2-21	\$18S/\$18R/\$22N

Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Offered for ages 50+. Fee is based on the number of opportunities to exercise each month. Please bring an exercise mat and a water bottle. No class Sept 6, Oct 6, Nov 17, & Dec 15.

Instr: Jody Martin. Loc: Senior Center Multipurpose Room.

Class#	Age	Time	Days	Date	Fee
12064	50+ yrs	10:15-11am	Mon, Wed	Sep 1-29	\$25
12065	50+ yrs	10:15-11am	Mon, Wed	Oct 4-27	\$22
12066	50+ yrs	10:15-11am	Mon, Wed	Nov 1-29	\$25
12067	50+ yrs	10:15-11am	Mon, Wed	Dec 1-22	\$19

Senior Strength

Designed to improve your balance, strength and muscle tone. With the use of a chair, light weights and tubing, you will learn specific exercises to work all the major muscle groups in your body. Offered for ages 50+. Fee is based on the monthly number of opportunities to exercise. Please wear comfortable clothing and bring a



water bottle. Register early. This class does fill up quickly! No class Nov 11, 25 & Dec 16.

Instr: Jody Martin. Loc: Senior Center Multipurpose Room.

Class#	Age	Time	Days	Date	Fee
12076	50+ yrs	9-9:45am	Thu, Tue	Sep 2-30	\$23
12077	50+ yrs	9-9:45am	Tue, Thu	Oct 5-28	\$20
12078	50+ yrs	9-9:45am	Tue, Thu	Nov 2-30	\$18
12079	50+ yrs	9-9:45am	Thu, Tue	Dec 2-21	\$13

Water Exercise

The perfect low-impact exercise! Enjoy the buoyancy that water provides to improve flexibility, strength, and cardiovascular fitness without stress on joints. First-time students, please pick up a new student information sheet when you register. Carpooling to the pool is recommended due to limited space. Available to adults age 50 and over. Fee is based on the number of opportunities to exercise each month. No class Sept 6, Nov 26.

Instr: Vicki Davies-Eblen. Loc: Redmond Pool.

Class#	Age	Time	Days	Date	Fee
14390	50+ yrs	9:30-10:25am	Monday	Sep 13-27	\$15
12341	50+ yrs	10:30-11:25am	Monday	Sep 13-27	\$15
12330	50+ yrs	9:30-10:25am	Monday	Oct 4-25	\$20
12342	50+ yrs	10:30-11:25am	Monday	Oct 4-25	\$20
12331	50+ yrs	9:30-10:25am	Monday	Nov 1-29	\$24
12343	50+ yrs	10:30-11:25am	Monday	Nov 1-29	\$24
12332	50+ yrs	9:30-10:25am	Monday	Dec 6-20	\$15
12344	50+ yrs	10:30-11:25am	Monday	Dec 6-20	\$15
12353	50+ yrs	9:30-10:25am	Wednesday	Sep 1-29	\$24
12365	50+ yrs	10:30-11:25am	Wednesday	Sep 1-29	\$24
12354	50+ yrs	9:30-10:25am	Wednesday	Oct 6-27	\$20
12366	50+ yrs	10:30-11:25am	Wednesday	Oct 6-27	\$20
12355	50+ yrs	9:30-10:25am	Wednesday	Nov 3-24	\$20
12367	50+ yrs	10:30-11:25am	Wednesday	Nov 3-24	\$20
12356	50+ yrs	9:30-10:25am	Wednesday	Dec 1-15	\$15
12368	50+ yrs	10:30-11:25am	Wednesday	Dec 1-15	\$15
12381	50+ yrs	9:30-10:25am	Friday	Sep 3-24	\$20
12382	50+ yrs	9:30-10:25am	Friday	Oct 1-29	\$24
12383	50+ yrs	9:15-10:10am	Friday	Nov 5-19	\$15
12384	50+ yrs	9:15-10:10am	Friday	Dec 3-17	\$15

Health

Massage

Each Wednesday our licensed massage therapist, Avery Holzer, offers chair and table massages. Massage has many benefits such as improved circulation, increased movement, and can ease pain. For more information and/or to make an appointment call, 425-556-2314.

Life Long Learning

Defensive Driving

Completion of this eight-hour course qualifies seniors, age 55 and above, for a state-mandated auto insurance premium reduction. Sponsored by Washington Traffic Safety Education Association. Attendance on both days required to receive certificate. Sorry, no refunds.

Instr: Staff. Loc: Senior Center Room 107. Fee: \$8.00

Class#	Age	Time	Days	Date
12946	50+ yrs	12-4pm	Tue, Thu	Sep 14-16

Music

Rhythms of Life - Drumming for Everyone

The beat of our hearts provides us with our own inner drum. Every time you breathe, walk, or talk you are expressing your innate sense of rhythm. Come learn the basic hand language of the drum, what universal rhythms are, and how to play. You will experience and play many different types of hand percussion instruments. In a supportive environment, our class will participate in creating a 'Rhythm Circle.' Musical background not required, however a desire to learn and have fun is necessary. If you have your own, or can borrow an askio, djemba, or conga drum, please bring it to class with you. Come join us and explore the joys of drumming! No class Nov 26.

Instr: Kimber Godsey. Loc: Senior Center Room 107. Fee: \$30S/\$30R/\$36N.

Class#	Age	Time	Days	Date
14201	18+ yrs	10:15-11:15am	Friday	Sep 10-Oct 1
14202	18+ yrs	10:15-11:15am	Friday	Oct 8-29
14203	18+ yrs	10:15-11:15am	Friday	Nov 5-Dec 3

Special Events

Holiday Craft Bazaar Saturday, Nov. 13, 10am-3pm

The holidays are just around the corner, time to plan for our Annual Holiday Craft Bazaar. Featuring a wide variety of handcrafted items, delicious snacks from our kitchen and door prizes, this event has something for everyone! Individuals who want to sign up to sell their hand made items may register as follows: all seniors, age 50+, starting on Sept. 16; under 50 City of Redmond residents starting on Sept 23; and under 50 nonresidents starting on Oct 7. Call 425 556-2314 for more information or to have a registration packet sent to you.

Table Fee: \$15

Candlelight Dinner Dance

Thursday, December 9, 5:30-9:30pm

Spend a delightful evening with friends and family at our annual Candlelight Dinner Dance. Enjoy an appetizer hour, holiday dinner and dance, with music provided by the award winning Swinging Seniors Band. Here's wishing you a wonderful holiday season! Registration deadline is close of business Dec 1. No refunds after Dec 1. Limited transportation will be provided on a first-come first served basis for residents who live inside the city limits. For complete details on this event, call us at 425-556-2314. Location: Senior Center Multipurpose Room. Fee: \$19



Sports

Senior Coed Volleyball

Time for some fun! The RSC teams will participate in the Co-ed Senior Volleyball League organized by the Tukwila Community Center. Practice begins Sept 14; games run October to early spring (if we make it into the play-offs). We hope to recruit enough people for two teams. All seniors are welcome - ladies this means you!

Instr: Staff. Loc: Old Redmond Schoolhouse Community Center Gym. Fee: \$45.00

Class#	Age	Time	Days	Date
14377	50+ yrs	11am-1pm	Tue, Thu	Sep 14-Mar 3



Yoga - Senior Adult

Hatha Yoga

Discover how to increase flexibility, improve balance and circulation, relieve stress, and relax! Learn proper breathing, stretching, body awareness, and better posture through yoga. These exercises will also help you to increase muscle tone and feel great! For ages 18 and over. Instr: Diana Piermattei. Loc: Senior Center Multipurpose Room. Fee: \$40S/\$40R/\$48N.



Class#	Age	Time	Days	Date
14317	18+ yrs	10-11am	Friday	Sep 24-Nov 12

Yoga from your Chair

If you are interested in yoga but don't have the mobility to get onto the floor, this is the class for you. Based on Hatha Yoga you will increase your flexibility and circulation, improve respiration, and expand your awareness of body, mind and spirit. In only 45 minutes you will enjoy the benefits of a yoga workout that includes: twists; upper body alignment and stretches; leg and ankle flexing; head, face and neck stretches; deep breathing; and a focus on relaxation for the whole body.

Instr: Diana Piermattei. Loc: Senior Center Room 111. Fee: \$20.

Class#	Age	Time	Days	Date
14316	50+ yrs	10:15-11am	Thursday	Oct 7-28

Viniyoga at the Senior Center: see page 29 for class details.

Wellness

T'ai Chi Chuan

T'ai Chi Chuan is considered one of the more healing forms of T'ai Chi. Experience clarity and insight and how it relates to your daily life. Benefits of T'ai Chi Chuan include a better sense of balance, body-awareness, focus and increased energy. Class is for ages 18 and over. No class Nov 17.

Instr: Jason Mix. Loc: Senior Center Multipurpose Room. Fee: \$30S/\$30R/\$35N.

Class#	Age	Time	Days	Date
12466	18+ yrs	2:30-3:30pm	Wednesday	Sep 1-22
12467	18+ yrs	2:30-3:30pm	Wednesday	Sep 29-Oct 20
12468	18+ yrs	2:30-3:30pm	Wednesday	Oct 27-Nov 24



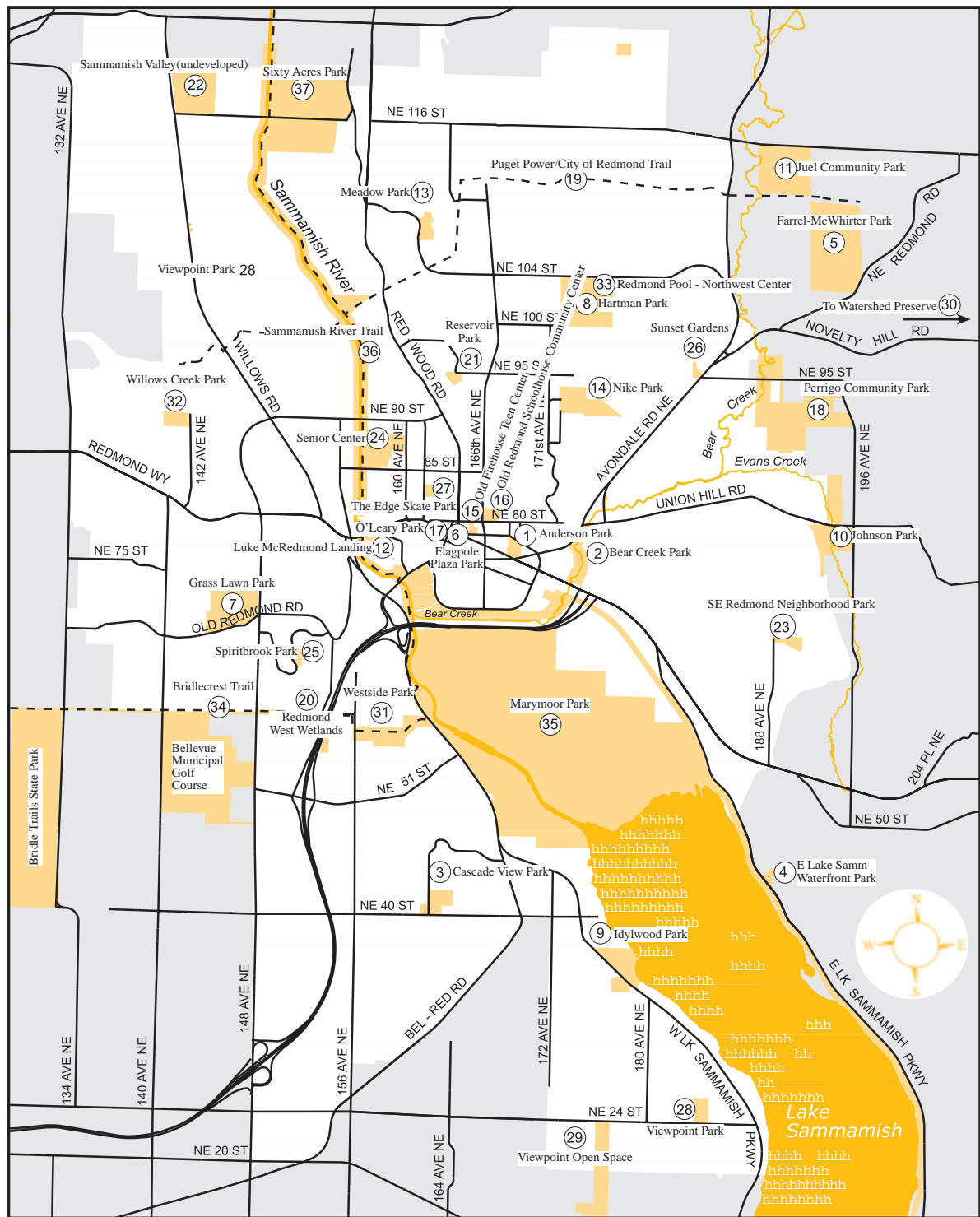
Harvest Dance

Friday, September 24, 2004, 7-10pm
Senior Center Multipurpose Room

Open to all ages* -- Bring your children and grandchildren! Show them how to really dance. Senior Advisory Committee fund raiser will sell light snacks and beverages.

Adults: \$8 per person advance, \$10 at the door.
Children under 12: \$4 per person advance, \$5 at the door.

*Not appropriate for ages 6 and under.



Farrel-McWhirter Park

Driving directions: From the end of SR-520 onto Avondale Rd, proceed north for approximately 1¼ miles. Turn right on Novelty Hill Road. Go ½ mile. Turn left on Redmond Road. Go ½ mile. Park entrance is on your left and well marked.

Anderson Park

Follow SR-520 eastbound. Take Redmond Way exit and turn left. Turn right onto 168th Avenue NE. The park will be on your right, and the facilities have signs.

Redmond Senior Center

Eastbound on SR-520 take West Lake Sammamish Parkway exit. Turn left at light. Go through next light (at Leary) and follow to NE 85th Street and take a right. Turn left on 160th Avenue NE and turn left at second driveway.

Old Redmond Schoolhouse Community Center

Follow SR-520 eastbound. Take Redmond Way exit and turn left. Turn right onto 166th Avenue NE to 80th Street. Parking in the small lot or on the street.